

# Reducing Carbohydrates Will Decrease Liver Fat

By Joachim Bartoll | Dec. 10th, 2024

 Send to Kindle

---

Today we return to Examine.com and one of their reviews on a recent study on *“changes in macronutrients and changes in liver fat.”*

If you know a little biochemistry, this should be a no-brainer. So, let's see what was discovered and what skewed conclusions they drew from it.

*“Associations between changes in macronutrient intake and changes in liver fat.”*

Well, we know for sure of one macronutrient that is both toxic and unnecessary for human health, and that is carbohydrates. We also know that any kind of oil, as in “fat” from any plant is chemically incompatible with human physiology and therefore also toxic, not to mention that they go rancid the second they are exposed to oxygen, light, and/or heat.

Carbohydrates are not the only source of glucose for the body. Gluconeogenesis is a natural process that allows the body to produce glucose from non-carbohydrate precursors. This means that carbohydrates are not necessary for the body to obtain glucose, and the body can function normally even without consuming carbohydrates.

Consuming carbohydrates and blood glucose levels rising above normal levels as maintained by gluconeogenesis can cause damage to soft tissues.

According to biology, physiology, and biochemistry, glycogen storage in the liver is not a healthy process. It can stress the liver and lead to oxidative damage. Glycogen storage is considered an emergency solution, as excess glucose above maintenance levels can be toxic and potentially deadly.

In biology and physiology, it is well-established that polyunsaturated and monounsaturated fatty acids from plants are prone to oxidation and rancidity. This process occurs readily, often before consumption, and has significant consequences for human health.

Rancid oils can cause toxic damage to the liver **due to the formation of reactive oxygen species (ROS) and lipid peroxides**. These harmful compounds can lead to oxidative stress, inflammation, and damage to liver cells.

The liver plays a crucial role in detoxifying the body and removing harmful substances, including rancid oils. However, when the liver is stressed by the conversion of chemically incompatible plant-based unsaturated fats, its ability to detoxify the body may be impaired. This can lead to a range of health problems, including liver damage and disease.

In summary, polyunsaturated and monounsaturated fatty acids from plants are not considered beneficial or necessary for maintaining human health. This understanding is grounded in biological and physiological principles.

The common nominator is plant-derived slave edibles, as in the vegan and vegetarian psy-op, the deception to feed humans toxic garbage to keep them weak, sickly, docile and dependent. And of course, any and all of these will wreak havoc on your liver in the long run.

*“248 participants (ages 50–80; 66% women, 34% men) in Germany.*

*The participants had at least one risk factor for unhealthy aging: high blood pressure (or taking blood-pressure-lowering medication), cardiovascular disease, cognitive impairment, or impaired physical function.”*

Sadly, that includes most of the population of Earth today, as all these health issues from consuming a non-species non-appropriate diet of plant-derived foods slowly creeps up on you and you get conditioned and accustomed to the slow-paced changes in your declining health, forgetting how it is to actually feel and be a human, as in the unlimited energy and curiosity you had as a little kid.

Following a non-species appropriate diet can have severe consequences on human health, according to biology, physiology, and biochemistry. A diet that is not tailored to the specific needs of the human body can lead to toxicity and malnutrition, ultimately contributing to a decline in overall health.

Remember, humans are obligate hyper carnivores. We can only be healthy and fully living if we follow a real carnivore diet.

According to biological and physiological principles, humans, like any other species, have a species-specific and species-appropriate diet. The search results confirm that humans are obligate hyper carnivores, meaning they require a diet consisting mainly of animal-based foods to thrive.

*“A prospective cohort study was conducted using data from a 12-month randomized controlled trial. In the intervention group, the participants were instructed to consume 35% to 40% of calories from fat, with an emphasis on unsaturated fat (and no more than 10% of calories from saturated fat); 15% to 25% of calories from protein, with an emphasis on plant-based sources; and*

*35% to 45% of calories from carbohydrates, with an emphasis on low-glycemic-index foods. They were also told to eat more than 30 grams of fiber per day. They were given 1 liter of rapeseed oil and fiber-enriched, high-protein foods to encourage dietary adherence.*

*The control group received dietary recommendations in accordance with national dietary guidelines.”*

Those food recommendations are truly bad, extremely unhealthy. Rapeseed oil, as any seed/vegetable-oil is extremely toxic and will damage a lot of tissues, including your organs. And having an emphasis on plant-based garbage will contribute to the toxic load, especially with all the harmful and deadly defense chemicals, antinutrients, heavy metals, and pesticide residues. Still, the lowered intake of carbohydrates will reduce the immediate threat, the repeated acute poisoning from elevated blood glucose which is the most damaging factor for all organs and soft tissues, especially the liver.

When humans consume plant-sourced unsaturated fats, their bodies must convert these fatty acids into a more usable form.

This conversion process involves:

- Desaturation: adding double bonds to saturated fatty acids
- Elongation: increasing the chain length of fatty acids
- Isomerization: rearranging double bonds

However, this conversion process can lead to:

- **Toxic residues:** the formation of unwanted byproducts, such as epoxides and hydroperoxides
- **Oxidation:** the breakdown of fatty acids into reactive aldehydes and ketones

These metabolic byproducts can have adverse effects on human health, including inflammation, oxidative stress, and potentially even disease development.

According to biology, physiology, and biochemistry, plant-based foods contain various toxic compounds, including **defense chemicals, antinutrients, heavy metals, and pesticide residues**. These toxins can accumulate in the body and potentially contribute to a decline in health and lifespan.

So, although the diet was extremely toxic and will actually damage the liver over time due to all the toxins and unhealthy unsaturated plant-based fats, the reduction of carbohydrates should let the liver recover a little bit and also make the body use some of any unnecessary liver fat.

According to biology, physiology, and biochemistry, **the primary cause of liver fat accumulation is the repeated exposure of the liver to high blood glucose levels, particularly due to the consumption of carbohydrates and fructose. When blood glucose levels surge, the liver is forced to store excess glucose as glycogen, a process that can lead to liver damage and ultimately, the accumulation of fat in the liver.**

**Fructose metabolism:** Fructose, in particular, is metabolized primarily in the liver, where it is converted into glucose, glyceraldehyde, and dihydroxyacetone phosphate (DHAP).

**Glycogen synthesis:** The liver uses glucose and DHAP to synthesize glycogen, a complex carbohydrate stored in liver cells.

**Repeated exposure to high blood glucose:** When blood glucose levels remain elevated due to excessive carbohydrate consumption, the liver is constantly stimulated to synthesize glycogen. This repeated exposure can lead to:

- **Liver damage:** Prolonged glycogen synthesis can cause oxidative stress, inflammation, and mitochondrial dysfunction in liver cells.
- **Glycogen overload:** The liver's glycogen storage capacity is finite. When glycogen synthesis exceeds storage capacity, excess glucose is redirected to other metabolic pathways, including lipogenesis (fat synthesis).

**Liver fat accumulation:** The liver's increased fat synthesis and reduced beta-oxidation (fat breakdown) capacity contribute to the accumulation of fat in liver cells, a condition known as non-alcoholic fatty liver disease (NAFLD).

*“Three-day food records were used to assess dietary intake, and liver fat was measured using magnetic resonance spectroscopy. The participants were categorized according to how much their intake of different macronutrients changed during the study.”*

Does not sound very strict nor controlled, but let's roll with it.

*“Greater increases in intakes of protein or polyunsaturated fat were associated with a greater reduction in liver fat. The same was true for a greater decrease in carbohydrate intake.”*

Protein will only help the liver if you previously were deficient in certain amino acids, as in really starving and having an incredibly low protein intake — or relying mostly on totally worthless plant-based “protein sources,” as the “protein” in plants is incomplete and bound to fiber, making it extremely hard to digest, absorb, and utilize.

According to biology, physiology, and biochemistry, if you have liver damage or liver fat, additional protein will not help, unless you are deficient in protein. This is because the liver requires essential amino acids to function properly. If you are not deficient in protein, consuming more protein will not provide any benefits for liver function.

According to biological and biochemical principles, plant proteins are often incomplete, lacking one or more essential amino acids. This is in contrast to animal proteins, including those found in human cells, which are typically complete proteins containing all nine essential amino acids.



The incomplete nature of plant proteins can lead to reduced absorption and utilization by the human body.

Even when plant proteins are consumed in large quantities, the body may struggle to incorporate the missing essential amino acids into its own protein synthesis pathways.

This can result in impaired protein function, reduced muscle growth and maintenance, and potential negative impacts on overall health.

Polyunsaturated fats from plant sources will not help the liver in any way, it will actually damage the liver. Wise up you stupid, stupid, researchers and reviewers. This is basic and very simple biochemistry.

The only thing that actually mattered for liver health was the reduction in carbohydrates, as in less unnatural onslaughts of damaging blood glucose.

Also, if you're told to increase either fat or protein, or both, guess what? Yes, carbohydrates will be lowered to make room for more of the other macronutrients. So, again, not a mechanic of increased protein or fat, but the mechanics of decreased carbohydrates. This is child-level logic and understanding.

*“Further analysis indicated that the effects of increasing protein intake and decreasing carbohydrate intake on liver fat were mainly achieved through reducing body weight, whereas the effect of polyunsaturated fat was at least partly independent of changes in body weight.”*

No, correlation does not imply causation. By reducing carbohydrates and thus lowering the spikes of blood glucose, your body will be able to use more fat as energy, including body fat. If some participants lost weight, their bodies also used



a bit more liver fat as energy. It was simply the result of a more natural metabolism, shifting to using more fat as energy instead of glucose.

So, to conclude, we already knew that carbohydrates has to be broken down to glucose, and as our bodies are meant to manufacture our own glucose in exact amounts through gluconeogenesis, introducing more glucose by consuming the wrong kind of food puts enormous stress on the body as all that excess and unnatural glucose has to be neutralized and/or stored as glycogen and body fat as quickly as possible as to minimize the damage to soft tissues. And yes, the liver is one of the organs that has to store excess glucose as glycogen all while taking damage, resulting ultimately in fatty liver.

According to biology, physiology, and biochemistry, **the primary cause of liver fat accumulation is the repeated exposure of the liver to high blood glucose levels, particularly due to the consumption of carbohydrates and fructose. When blood glucose levels surge, the liver is forced to store excess glucose as glycogen, a process that can lead to liver damage and ultimately, the accumulation of fat in the liver.**

In other words, by simply reducing or preferably removing carbohydrates, this process is reversed and liver health will improve. And that has nothing to do with protein or fats, it's simply a mechanic of glucose, as in limiting the consumption of carbohydrates.

According to biology, physiology, and biochemistry, reducing liver fat can be achieved by managing elevated blood glucose levels. One effective way to do this is by consuming fewer carbohydrates, as they are stored as glycogen in the liver, which can cause damage and contribute to liver fat.

When the liver's glycogen storage capacity is exceeded, the excess carbohydrates are converted into fat, leading to the accumulation of lipids in hepatocytes. This process can interfere with liver function, earning itself a pathological descriptor known as hepatic steatosis.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

## Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!



*Buy me a coffee*

<https://bartoll.se/2024/12/reduce-carbs-to-save-your-liver/>

If you wish to support my work